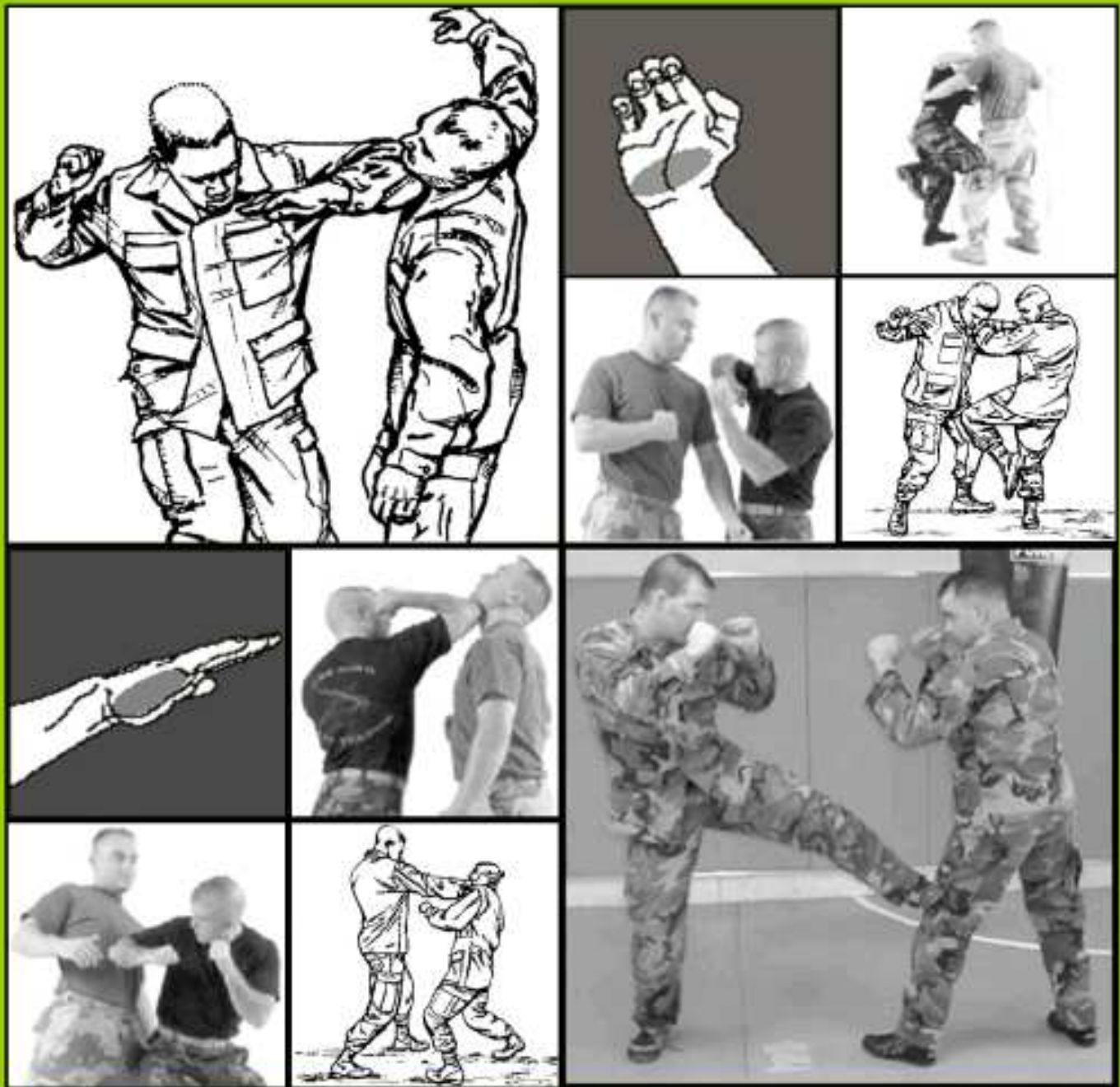


12 U.S. MILITARY COMBAT TECHNIQUES

THAT COULD SAVE YOUR LIFE



Craig Mutton

12 U.S. Military Combat Techniques That Could Save Your Life

12 U.S. MILITARY COMBAT TECHNIQUES

That Could Save Your Life

By

Craig Mutton
(Clan MacAvram)

Access To Destiny Books
Belton, SC

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DISCLAIMER

Fights are dangerous and unpredictable. Training to fight also carries with it certain risks. The author does not recommend or advise that anyone engage in these activities.

Due to varying physical, psychological and ethical differences between individuals, the author can make no guarantees as to the suitability of any technique in this book with regard to the reader or his circumstances.

This book is published as an educational and informational service to the reader. The reader assumes all liability for the decision to use or practice any activity described in this book.

DEDICATION

TO MY BARBER & RANGE BUDDY:

- He's been there for me when the chips were down
- I'd trust him to watch my back in any situation
- I'm proud to call him my friend

You know who you are, bro, and this one's for you.

Dear Fellow-Warrior,

I want to both thank and congratulate you for purchasing 12 U.S. MILITARY COMBAT TECHNIQUES THAT COULD SAVE YOUR LIFE. If you're new to self defense training, you've picked a great place to start: with techniques that are devastatingly effective, have a relatively short learning curve and will stick with you. If you're more experienced in the martial arts or self defense, you're about to complement your other training with classic techniques that will pull you through when the chips are down.

To show my appreciation for buying my book, let me tell you about the free premiums that come with your purchase. First, there's HOW TO MASTER YOUR FEAR. Much of the book comes out of my struggles since childhood with various fears. From irrational fears like the fear of bridges or fear of the dark, to the very real fear of facing some dirtball who wants to beat you to a pulp, the book will give you all the tips and tricks I've learned over the years to bring your fear under control and even to make it your servant. Personally, I think this e-book is worth many times its price tag, but you can download just because you're my customer at:

<http://www.lulu.com/content/295863>

Then you'll also want to download PERSONAL SELF DEFENSE AND THE GREAT COMMISSION. It's a book from the Christian perspective on when and why it's right to defend yourself from violent attack. In some circumstances it's right to turn the other cheek -- but not when your assailant is about to hit you with a brick. A lot of people are surprised what the Bible really has to say about this topic (hint: the Bible is not a book for pacifists -- remember David & Goliath?) As the old Kenny Rogers song says, "Sometimes you have to fight, if you're a man." Here's the URL where you can download this valuable little e-book:

<http://www.lulu.com/content/230138>

Finally, there's the classic martial arts text: THE SECRETS OF JUJITSU. I've trained in Goshin Ryu JuJitsu. & I know that it's not easy to learn without a qualified instructor. This book by Captain Allan C Smith, however, makes it possible for anyone with a willing training partner to learn -- even master -- the most important aspects of the art. It's filled not only with techniques, but with drills that help you internalize and use balance, leverage and the STAHARA -- every person's center of physical power. Don't look for it on -Bay where you'll pay big bucks; download it here for free because you bought this book:

<http://www.lulu.com/content/295886>

Those are all the premiums I promised you when you bought 12 U.S. MILITARY COMBAT TECHNIQUES THAT COULD SAVE YOUR LIFE. But, since you are my customer, I want to make sure that you get just a little more than you bargained for. If you will send an email to the address below, you'll receive an automatic response that will give you a link to an e-book by a true Kung Fu master. The name of the e-book is AUTOMATIC SELF DEFENSE, and it contains a distillation of self defense principles, strategy and tactics. In about 20 pages you'll get the same useful knowledge that you'd get from reading two or three good books on the subject -- and you'll get it in concentrated form. Send an email to:

defense@godlyseed.com

If you send for AUTOMATIC SELF DEFENSE, I will not sell or share your email address with anyone. I may, from time to time, send you an update on other great self defense materials as they become available.

May you survive and flourish,

Craig Mutton (Clan MacAvram)

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SOURCES

Who is a wise man and endued with knowledge among you? Let him show out of a good conversation his works with meekness of wisdom.

The Bible
James 3:13

SOURCES

These are the major sources for illustrations and information:

US Army Field Manual 21-150, 1992 (FM 21-150)

US Army Field Manual 3-25-150, 2002 (FM 3-25-150)

USMC Manual MCRP 3-02B, 1999 (MCRP)

Defensive Hand to Hand Combat, US Navy Aviation Bureau training film, 1942 (USNTF)

I have taken a few short quotes from the following sources:

Get Tough! by WE Fairbairn, D Appleton Century Co., NY, 1943.

Kill or Get Killed by Rex Applegate, Paladin Press, Boulder CO, 1976.

I have used these sources for reference:

American Combat Judo by Bernard Cosneck

Cold Steel by John Styer

Do or Die by AJ D Biddle

How to Fight Tough by Jack Dempsey

Let not him that girdeth on his [armor] boast himself as he that putteth it off.
The Bible
I Kings 20:11

GETTING TOUGH

Rule of Combat-Utility:

A technique's utility is inversely proportional to its complexity.

GETTING TOUGH

Someone who looks to US military combat manuals for self defense techniques is bound to be disappointed. If you've ever checked them out, you've found an array of techniques that are often complex, confusing and difficult to master. One of the problems with the military's approach to hand-to-hand combat is that it is subject to the shifting sands of fashion as well as to politics.

For example, a few years ago ground grapplers started winning the Ultimate Fighting Championships. Soon, both the Army and the Marine Corps included ground grappling sections in their manuals. This occurred in spite of the fact that in life-or-death combat, the most effective techniques are not those which *take* the enemy to the ground, but those which *send* the enemy to the ground.

This does not mean that military manuals are totally useless to someone looking for self-defense instruction. The seeker who knows what he's looking for can find buried treasure within their pages. Simple, effective, easy-to-learn techniques lie hidden in plain sight.

These techniques are vestiges of a system of close combat that the military abandoned long ago. Under it, trainees quickly learned brutally efficient hand-to-hand methods marked by simplicity. That system came to America's shores from Great Britain during World War II.

In 1939, England found itself unprepared for the war with Germany. Along with everything else it needed, the nation required training for its troops. To help fill that need, they called on WE Fairbairn, a retired innovator of training in the Shanghai police force.

Fairbairn turned British Commandoes into world class hand-to-hand fighters. His success caught the attention of allies who sent reps (like America's Rex Applegate) to learn Fairbairn's methods and bring them back home. Those methods became the basis for training elite groups like the OSS (forerunner of the CIA).

Fairbairn recorded the core of his combat techniques in his 1942 book, *All In Fighting* (published in the US under the title *Get Tough!*).

If you scan the book, you'll soon see the reasons for his success. His techniques are:

1. Brutally effective – they really have the capacity to quickly dispatch an enemy;
2. Simple – they are gross motor movements that do not require fine muscle control;
3. Accessible – average people can learn these techniques in hours and master them in days (as opposed to years for most martial arts);
4. Neurally imprinted – there are stories of WWII vets trained in these methods still able defend themselves forty and fifty years later; this demonstrates that the techniques become second nature.

Fairbairn did not invent these techniques. They have, no doubt, existed from near the time that Cain slew Abel. Fairbairn merely isolated them and put them together into a package.

During and immediately after WWII you could see the influence of Fairbairn, Applegate and a handful of others who sought to perfect hand-to-hand methods in the crucible of combat. American close quarters combat training, however, changed over time. It makes little difference whether the main reason lies in politics or the belief that the newest fad must be better than the tried-and-true. You can trace the changes through the various editions of US military training manuals.

Interestingly, though, some old, simple and effective methods do continue to crop up. Often the photos and illustrations show how to perform the techniques more clearly than illustrations in some of the original material, such as Fairbairn's *Get Tough!* I have identified, extracted and assembled these techniques and put them all together in this volume.

I've limited myself to a dozen simple, direct techniques proven to work. With a little practice, you can learn them to use them for your own self defense.

Of course, I can make no guarantees that this book will turn you into some kind of unconquerable fighter. Violent encounters are notoriously unpredictable. And different people have different levels of physical ability.

Therefore, it will help if you pursue a physical fitness program alongside your close combat training.

Beyond that, hand-to-hand fighting is a last-ditch measure for when you've lost your weapon or left it behind and your avoidance and evasion tactics have failed. Nevertheless, an individual who applies himself to the contents of these pages should measurably increase his chances of surviving a violent physical encounter.

Since I've mentioned avoidance and evasion tactics, let me emphasize that this book focuses on technique. Techniques gain maximum effectiveness when you integrate them into a comprehensive strategic and tactical plan. I do have a book on the strategy and tactics of personal security in the works. But in the meantime, you can benefit from a bare-bones tactical arrangement of the material.

I begin with long-range techniques so you can catch your attacker coming in. The mid-range techniques enable you to deal with him as he closes the distance. Close-range techniques are there in the event your opponent is a grappler who wants to get up close and personal.

Let me finish this chapter with a word on mindset. Getting tough is not just about learning a few dynamite techniques. Toughness is a mental attitude marked by a refusal to accept anything less than total victory.

Winston Churchill's words to his countrymen in the dark hours of war apply here: "Never give up." You will find more about mindset in the chapter titled "Fundamental Principles of Close Combat."

. . . and having done all, to stand.

The Bible
Ephesians 6:13

YOUR COMBAT POSTURE

Make your fighting stance your everyday stance; make your everyday stance your fighting stance.

Musashi (Japanese Master of the Sword)
(As quoted by Tony Blauer in “Personal
Defense: Non-Violent Postures”¹)

¹ *Journal of Non-Lethal Combatives*, May, 2003; view at: http://ejmas.com/jnc/jncart_blauer_0503.htm

Your Combat Posture

The appropriate combat stance permits easy, fluid movement while maintaining balance. Often, instructors place too much emphasis on the position of hands and feet, and not enough on *how* to stand.

Your combat stance should be easy and relaxed, with spine erect. If you lean forward, you compromise your balance and make quick movement impossible. A good fighting posture will enable you to maintain your balance as you increase your speed and power.

In this chapter, I intend to show you how to learn good postural habits that will not only benefit your health and comfort, but also give you a base from which to launch into Close Combat.

The Role of the Cervical Spine

The spine is designed to support the weight of the body yet still permit remarkable flexibility. It can do this because its structure utilizes separate vertebrae arranged in gentle curves. The spine has two main curves inward: at the neck, and below the shoulder blades. (Diagram, *Normal Spine Curve*)

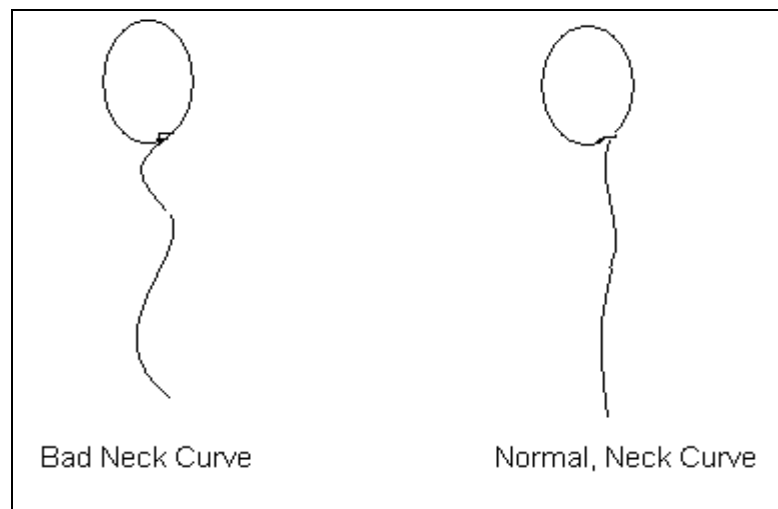


Figure 1

Good posture requires maintaining those gentle curves in the spine. Most people, however, don't manage this very well. Whether it's through ignorance, fatigue or poorly designed furniture, they let their heads sink down into their necks. This forces the curve at the neck or cervical portion of the spine to become more acute. (Diagram, *Bad Spine Curve*)

I've seen x-rays of people whose necks had even more angular curves than shown in the diagram. When this happens, it affects the rest of the spine. The *dowager's hump* and the swayback (with protruding buttocks) both result from an incorrect curvature of the neck.

It's important to realize that the neck sets the posture for the rest of the body.

Two Simple Tricks that Will Improve Your Posture

With all the foregoing in mind, let's begin to correct your posture so that it will serve you well in everyday activities as well as in combat. In the exercises that follow, it's important to keep your shoulders relaxed and hanging loosely.

First, sit or stand in a comfortable place. Now, visualize that you are a marionette or string puppet. You have a string attached to the top of your head. The puppeteer pulls the string taut to bring you upright.

Feel the string pull you upright. As your head rises, the curve in your neck will become less acute, a little more normal. Remember to keep your shoulders relaxed.

I like to practice this posture in church. I sit up straight in the pew and let the invisible string lift my head. I have found that doing this frees up my vocal chords for both singing and speaking.

I believe that if you practice just this one exercise that it will eventually correct the other exaggerated curves in your back. Nevertheless, to expedite the process, you may want to practice the second exercise, below. The first exercise corrects the curve of the upper spine, and the second corrects the curve of the lower spine.

When the lower spine develops an exaggerated curve, the pelvis tilts forward. This has the effect of spilling the intestines, so that the lower abdomen sags and sticks out. The pelvic tilt also causes the buttocks to stick out in the back.

To correct these tendencies, stand with your shoulders relaxed and gently but firmly lift your head as in the exercise above. Now, tighten the gluteal (buttock) muscles and rotate your pelvis so that it rises in front and lowers in back.

If you have trouble telling whether or not you've done it correctly, stand with your back to a wall. Place your hand in the space between

the small of your back and the wall. As you rotate your pelvis, you should feel the space get smaller.

On a final note, you will improve your balance if you keep your knees slightly flexed. This lowers your center of gravity. It takes a little practice to do this without leaning forward.



Figure 2

This frame from a WWII close combat training film shows the same combat posture that I teach. Note that the man on the right has good lower body alignment but his head leans too far forward. The man on the left shows good alignment and looks relaxed.

"The basic body stance is one of easy balance, deceptively relaxed but actually always ready for quick counter attacks."

Defensive Hand to Hand Combat, Lt. Commander Wesley Brown, Jr., US Navy Aviation Bureau training film, 1942.

And when Abram heard that his brother was taken captive, he armed his trained servants, born in his own house, three hundred and eighteen, and pursued them unto Dan.

The Bible
Genesis 14:14

TRAINING PRINCIPLES

Rule of Training: Realism

Since you will fight as you train, you must train as you want to fight.

Training Principles

The US Military must train soldiers to a proficient level in minimum time. Therefore, it would be wise to look at their training methods. The following comes from Army Field Manual 21-150.

CRAWL, WALK, AND RUN

Training can be conducted using the crawl, walk, and run techniques

- 1. Crawl phase. New techniques should be introduced, taught, demonstrated, and executed by the numbers.*
- 2. Walk phase. During this phase, soldiers practice the new techniques by the numbers, but with more fluid movement and less instructor guidance.*
- 3. Run phase. Soldiers execute the techniques at combat speed with no guidance*

DEMONSTRATIONS

A well-coordinated demonstration and professional demonstrators are crucial for successful learning by soldiers. Unrehearsed presentations or inadequately trained demonstrators can immediately destroy the credibility of the training [For these reasons and also for the sake of safety I urge you to seek out a competent instructor to teach you these techniques.]

EXECUTION BY THE NUMBERS

Instructors use execution by the numbers to break down techniques into step-by-step phases so soldiers can see clearly how the movements are developed from start to finish. Execution by the numbers also provides soldiers a way to see the mechanics of each technique. This teaching method allows the instructor to explain in detail the sequence of each movement. For example: on the command PHASE ONE, MOVE, the attacker throws a right-hand punch to the defender's face. At the same time, the defender steps to the inside of the attacker off the line of attack and moves into position for the right-hip throw. Assistant instructors are able to

move freely throughout the training formation and make on-the-spot corrections.

EXECUTION AT COMBAT SPEED

*When the instructor is confident that the soldiers being trained are skilled at executing a technique by the numbers, he is ready to have them execute it at combat speed. Executing movements at combat speed enables soldiers to see how effective a technique is. This builds the soldier's confidence in the techniques, allows him to develop a clear mental picture of the principles behind the technique, and gives him confidence in his ability to perform the technique during an actual attack. The command is, **THE RIGHT-HIP THROW AT COMBAT SPEED, MOVE.** The soldiers then execute this technique from start to finish.*

DRILLS

*Drills are used to maintain soldiers' skills in executing techniques through repetition. During these drills, techniques or phases of techniques are repeated as often as necessary to ensure programmed learning by the soldiers. **Subconscious programming usually occurs after 25 repetitions of movement.** Technique drills help soldiers retain their skills, and they are a good tool for reviewing techniques already learned.*

FOAM PADS

*Foam pads . . . are highly recommended to enhance training. **The pads allow full-forced strikes by soldiers and protect their training partners. The pads enable soldiers to feel the effectiveness of striking techniques and to develop power in their striking.** Instructors should encourage spirited aggressiveness. Pads can be tackle dummy pads or martial arts striking pads.*

In summary, to train effectively you need to:

1. See each an experienced instructor demonstrate each technique and break it down into steps so that you can . . .

2. Practice each technique “by the numbers” to learn proper execution; as practice by the numbers continues, your movements become more fluid until . . .
3. You are able to practice techniques at combat speed; at this point, you drill each technique 25 times to imprint it on your neural pathways. (Use foam pads to protect yourself and your practice partner from injury.)

Safety

The following safety precautions come from the Marine Combat Training Manual. Some of the safety measures don’t apply to techniques found in this book, but I’m including them here so you get an idea of our military’s dedication to preventing injury to trainees.

GENERAL SAFETY PRECAUTIONS

When training close combat techniques, certain safety precautions must be adhered to to prevent injuries.

Most training should be conducted on a training area with soft footing such as a sandy or grassy area. If training mats are available, they should be used. A hard surface area is not appropriate for close combat training.

*All techniques should be executed slowly at first. Marines can increase the speed of execution as they become more proficient. Marine-on-Marine **training that requires contact** (chokes, throws, ground fighting, and unarmed restraints and [joint] manipulation) **should not be executed at full force or full speed.***

If a technique is applied to the point that a Marine is uncomfortable, the Marine must “tap out.” This indicates immediate release of the pressure being applied or to immediately stop the technique. The Marine “taps out” by firmly tapping his hand several times on any part of the opponent’s body that will get his attention or by saying stop.

Second Impact Syndrome occurs when a second concussion develops within hours, days, or weeks following a prior concussion (and before recovery from the first concussion). Second Impact

*Syndrome **causes rapid brain swelling and can cause death.** Marines who experience headaches or other symptoms following training must be examined by appropriate medical personnel. These symptoms can include, but are not limited to, blurred vision, ringing in the ears, dialation of the pupils, bleeding from the ears or mouth, slurred speech, swelling in head or neck area, or any unnatural discoloration of head or neck. **They should not be allowed to participate in pugil stick training or any other activity where a heavy blow might be sustained for a minimum of 7 days after the symptoms have subsided.***

SAFETY PRECAUTIONS FOR INDIVIDUAL TECHNIQUES

Falls

When training Marines to fall, they should progress from the ground, to a kneeling or squatting position, and then to a standing position. This ensures they are comfortable and understand the technique before progressing to executing falls from a higher profile. This instructional technique vastly reduces the risk of injury.

Strikes and Punches

*When training Marines to strike and punch, they begin by executing the techniques "in the air." As they become more proficient, they execute strikes on equipment (when available) such as an air shield or a heavy bag. **At no time should they be permitted to execute strikes on another student.***

FUNDAMENTAL PRINCIPLES OF CLOSE COMBAT

A technique is the particular application
of a general principle.

Fundamental Principles of Close Combat

Most fights tend to be over rather quickly. As a rule, whoever hits first has the momentum and wins. And, by definition, the attacker will have the momentum in any confrontation.

That doesn't mean that you should let an attacker get in the first punch. If he is intent on violence, you are the defender, even if you hit first. Nevertheless, the principles you find in this chapter will help you to transfer the momentum from your attacker to you as the defender.

MINDSET

From FM 21-150:

Proper mental attitude is of primary importance in the soldier's ability to strike an opponent. In hand-to-hand combat, the soldier must have the attitude that he will defeat the enemy and complete the mission, no matter what. In a fight to the death, the soldier must have the frame of mind to survive above all else; the prospect of losing cannot enter his mind. He must commit himself to hit the opponent continuously with whatever it takes to drive him to the ground or end his resistance. A memory aid is, "Thump him and dump him!"

From MCRP 3-02B:

*Achieving a decision is important in close combat. An indecisive fight wastes energy and possibly Marines' lives. Whether the intent is to control an opponent through restraint or defend themselves in war, Marines must have a clear purpose before engaging in close combat and **act decisively once engaged.***

SURPRISE

From MCRP 3-02B:

Marines must exploit every advantage over an opponent to ensure a successful outcome Achieving surprise can . . . greatly

increase leverage. Marines try to achieve surprise through deception, stealth, and ambiguity.

BALANCE

From FM 21-150:

Balance refers to the ability to maintain equilibrium and to remain in a stable, upright position. A hand-to-hand fighter must maintain his balance both to defend himself and to launch an effective attack.

Without balance, the fighter has no stability with which to defend himself, nor does he have a base of power for an attack. The fighter must understand two aspects of balance in a struggle:

- 1. **How to move his body to keep or regain his own balance.** A fighter develops balance through experience, but usually he keeps his feet about shoulder-width apart and his knees flexed. He lowers his center of gravity to increase stability.*
- 2. **How to exploit weaknesses in his opponent's balance.** Experience also gives the hand-to-hand fighter a sense of how to move his body in a fight to maintain his balance while exposing the enemy's weak points.*

SPEED

From MCRP 3-02B:

Marines use speed to gain the initiative and advantage over the enemy. In close combat, the speed and violence of the attack against an opponent provides Marines with a distinct advantage. Marines must know and understand the basics of close combat so they can act instinctively with speed to execute close combat techniques.

MOMENTUM

From FM 21-150:

Momentum is the tendency of a body in motion to continue in the direction of motion unless acted on by another force. Body mass in motion develops momentum. The greater the body mass or speed of

movement, the greater the momentum. Therefore, a fighter must understand the effects of this principle and apply it to his advantage.

- 1. The fighter can use his opponent's momentum to his advantage—that is, he can place the opponent in a vulnerable position by using his momentum against him.*
 - (a) The opponent's balance can be taken away by using his own momentum.*
 - (b) The opponent can be forced to extend farther than he expected, causing him to stop and change his direction of motion to continue his attack.*
 - (c) An opponent's momentum can be used to add power to a fighter's own attack or counterattack by combining body masses in motion.*
- 2. The fighter must be aware that the enemy can also take advantage of the principle of momentum. Therefore, the fighter must avoid placing himself in an awkward or vulnerable position, and he must not allow himself to extend too far.*

RELAXATION

From MCRP 3-02B:

Muscle relaxation is crucial when executing [strikes]. The natural tendency in a fight is to tense up, which results in rapid fatigue and decreased power generation. Marines who remain relaxed during a close combat situation generate greater speed, which results in greater generation of power.

BODY DYNAMICS

From MCRP 3-02B:

Weight transfer is necessary to generate power in a punch. Marines accomplish this by—

- Rotating their hips and shoulders into the attack.*
- Moving their body mass straight forward or backward in a straight line.*

- *Dropping their body weight into an opponent. Body mass can be transferred into an attack from high to low or from low to high.*

SOLID CONTACT

From FM 21-150:

A strike should be delivered so that the target is hit and the weapon remains on the impact site for at least a tenth of a second. This imparts all of the kinetic energy of the strike into the target area, producing a fluid shock wave that travels into the affected tissue and causes maximum damage. It is imperative that all strikes to vital points and nerve motor points are delivered with this principle in mind. The memory aid is, "Hit and stick!"

TELEGRAPH-FREE MOVES

From MCRP 3-02B:

Telegraphing a strike occurs when body movements inform the opponent of the intention to launch an attack. Staying relaxed helps to reduce telegraphing.

Often, an untrained fighter telegraphs his intention to attack by drawing his hand back in view of his opponent, changing facial expression, tensing neck muscles, or twitching. These movements, however small, immediately indicate an attack is about to be delivered. If the opponent is a trained fighter, he may be able to evade or counter the attack. If the opponent is an untrained fighter, he may still be able to minimize the effect of an attack.

USING YOUR HANDS AND FEET IN COMBAT

A fight can be confusing – even chaotic to someone who doesn't have much experience. Accordingly, let me give you a rule of thumb for violent encounters: *Do whatever damage you can do, as the opportunity presents itself.*

The general rule is to use the closest weapon (feet, hands, elbows, or knees) to attack your opponent's closest target (knees, eyes, throat or groin).

LONG-RANGE TECHNIQUES

DISCLAIMER

Fights are dangerous and unpredictable. Training to fight also carries with it certain risks. The author does not recommend or advise that anyone engage in these activities.

Due to varying physical, psychological and ethical differences between individuals, the author can make no guarantees as to the suitability of any technique in this book with regard to the reader or his circumstances.

This book is published as an educational and informational service to the reader. The reader assumes all liability for the decision to use or practice any activity described in this book.

Technique #1

Side Kick to Knee

This is a long-distance technique intended to take out the attacker's knee as he closes in on you. See fig. 3.

According to the MCRP 3-02B manual, you deliver this kick as follows:

Raise the right knee waist high and rotate the right hip forward.
[see fig. 4]

[The problem with raising your leg to waist height to deliver the kick is that it warns your attacker and allows him to evade or block your kick. It's better to practice the kick by sending your foot in a straight line from the ground to your attacker's knee. If you can do it without shifting your weight first, you will eliminate all telegraphs and you will "fall into" the kick, putting the full force of your weight against his knee.]

Thrust the right foot to the right side toward the opponent, turning the foot at a 90-degree angle to maximize the striking surface on the opponent. Contact the opponent with the cutting edge of the right boot. [See fig. 5]

Fairbairn tells you how to brutally increase the effectiveness of the technique. He says, "Follow the blow through, scraping down your opponent's shin with the edge of your boot from the knee to the instep, finishing up with all your weight on your right foot, smashing the small bones of his foot. If necessary, follow up with a chin jab with your left hand." (*Get Tough!*)



Figure 3 (FM 3-25-150)



Figure 4 (MCRP 3-02B)



Figure 5 (MCRP 3-02B)

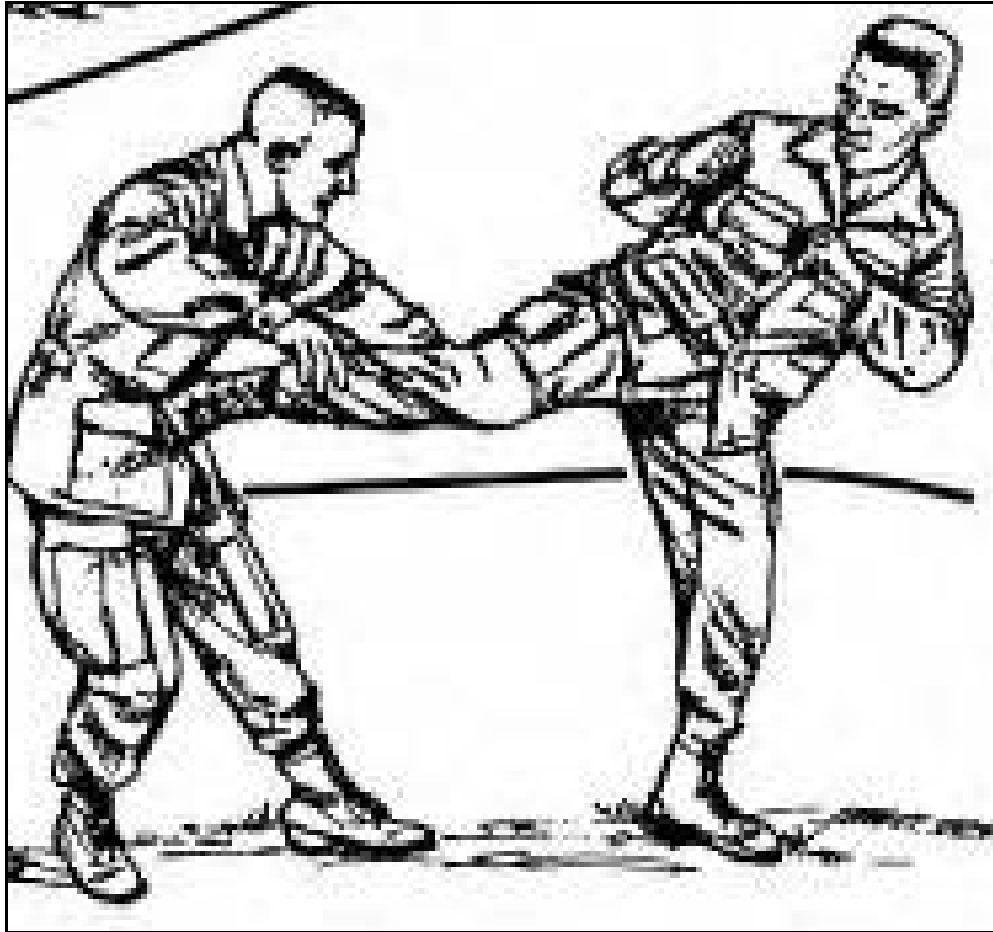


Figure 6 (FM 21-150)

Dangerous Application of the Side-Kick

Fig. 6 shows a Side Kick to the midsection. I do not recommend this, as your opponent may catch your leg and put you at a disadvantage. I would not recommend that you aim the side kick any higher than the knees.

Technique #2

Shin Kick to Thigh

Here's another long-range technique. It's based on the fact that a major nerve (the peroneal nerve) runs down the outside of the thigh. When it is sharply struck, it causes pain and temporary incapacitation. It's not uncommon for someone to collapse as a result of a sharp blow to the peroneal nerve.

As your attacker moves in, you kick him in the thigh. Instead of kicking with your foot, however, you make contact with your shin. Kick with a snap and pivot your body with the kick to give it maximum force.

The target is three inches above the knee, but you need not hit it precisely. If you strike a couple of inches high or low, the kick will still be effective.

The US Army FM 3-25-150 says,

The shin kick is a powerful kick, and it is easily performed with little training. When the legs are targeted, the kick is hard to defend against [Fig 7], and an opponent can be dropped by it.

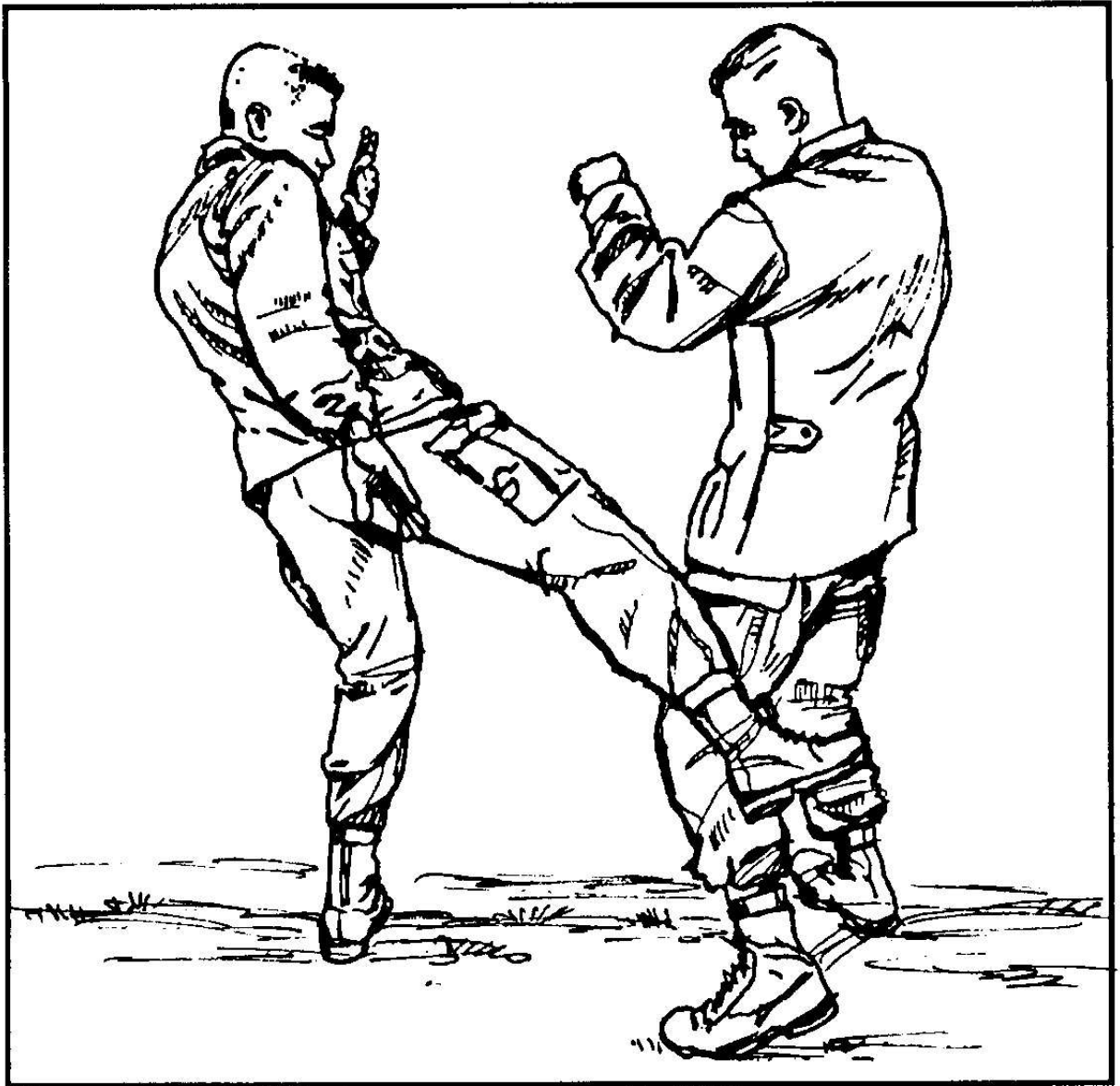


Figure 7 (FM 21-150)

Warrior Wisdom:

- Better to totally master 5 techniques than to have 100 you can do only moderately well. (Paraphrase of Prof. Henry Okazaki)
- Learn to flow from one technique to another; it may take more than one to stop your attacker.
- Do not continue to inflict injury on your attacker once he's no longer a threat; to do so can buy you jail time in many jurisdictions.

MID-RANGE TECHNIQUES

DISCLAIMER

Fights are dangerous and unpredictable. Training to fight also carries with it certain risks. The author does not recommend or advise that anyone engage in these activities.

Due to varying physical, psychological and ethical differences between individuals, the author can make no guarantees as to the suitability of any technique in this book with regard to the reader or his circumstances.

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Technique #3

Judo Chop (Inside)

This is a mid-range technique to use as your opponent gets closer. You can call it *shuto* or knife hand, but if you grew up in post-WWII America, you know it as the **Judo chop**. This is the move that Spencer Tracy's character – a one-armed army vet – used to stop Ernest Borgnine in his tracks in the movie *Bad Day at Black Rock*.

Applegate comments on the Judo Chop saying, "The most effective of all hand blows is that using the edge of the hand." (*Kill or Get Killed*)

The primary target is the side of the neck. The carotid artery is located there, and the blow will cause a sudden blood pressure spike in the brain, followed by a steep drop in pressure. Unconsciousness for several moments can result.

As with the outer thigh, you need not concern yourself with pinpoint accuracy. To the rear of the carotid artery is a nerve network (brachial plexus) and to the front of that lies the vagus nerve, which regulates the heart. A smart blow anywhere on the side of the neck can stun your opponent.

Figure 8 shows the area of the hand's edge used to make contact. Be careful not to strike with the edge of the little finger – it's painful.

The Marine Corps instructions for executing the inside Judo chop as in figure 10:

Bring the right hand over the left shoulder. At the same time, rotate the right shoulder forward and the left hip forward.

Thrust the knife hand forward (horizontally) onto the opponent while rotating the right hip and shoulder forward and the left shoulder backward.

Fairbairn recommends that you, "Deliver the blow with a bent arm (never with a straight arm), using a chopping action from the elbow, with the weight of the body behind it. Practise by striking the open palm of your left hand" (*Get Tough!*) This technique derives its effectiveness from its speed. The faster you execute it, the better it will be.

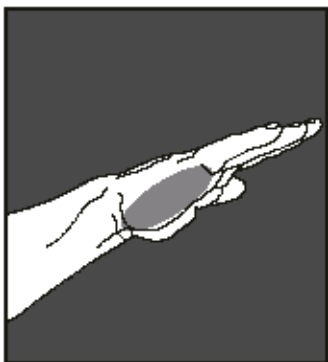


Figure 8 (MCRP 3-02B)



Figure 9 (USNTF)

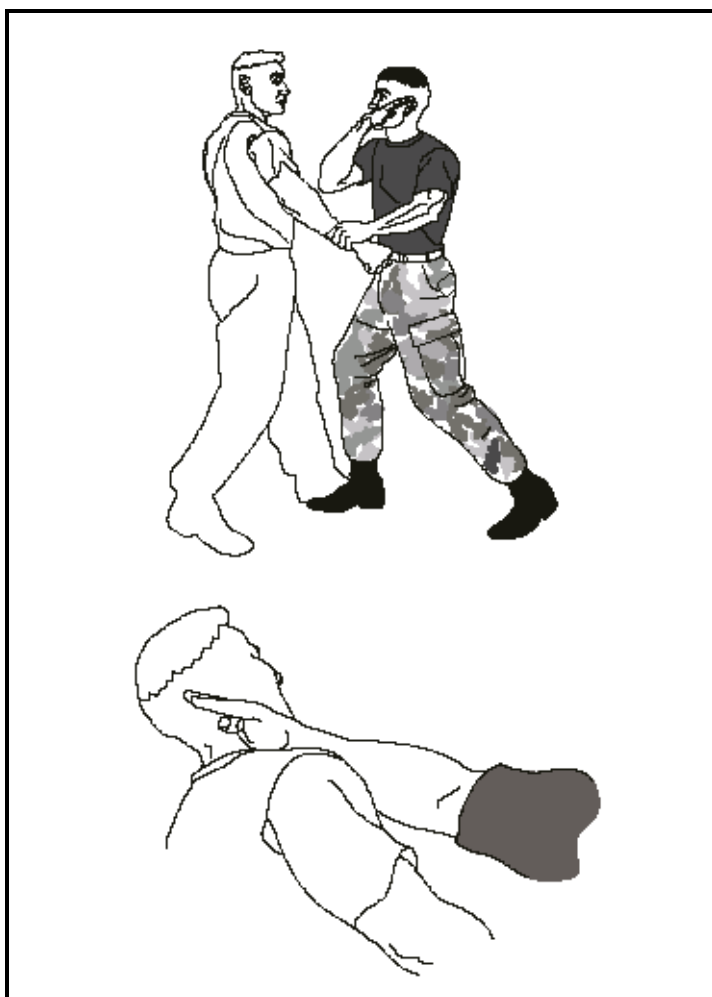


Figure 10 (MCRP 3-02B)

Note an important difference between these illustrations and the “edge of hand” blow as taught by Fairbairn & Applegate. They say that the thumb should be fully extended to insure that the hand is not too relaxed. It also results in an automatic extension of the fingers.

Technique #4

Judo Chop (Outside)

Like the Inside technique, the Outside Judo Chop makes contact with the edge of the hand. The difference is that the palm is up, as in figure 11.

The knife hand is one of the most versatile and devastating strikes. The striking surface is the cutting edge of the hand, which is the meaty portion of the hand below the little finger extending to the top of the wrist. The striking surface is narrow, allowing strikes on the neck between the opponent's body armor and helmet. (MCRP 3-02B)

The Marine Corps instructions for executing the outside Judo chop as in figure 12:

Execute a knife hand by extending and joining the fingers of the right hand and placing the thumb next to the forefinger (like saluting).

Retract the right hand. At the same time, rotate the right hip and right shoulder backward. Thrust the knife hand forward (horizontally) onto the opponent while rotating the right hip and shoulder forward.

Fairbairn *et al.* teach only the inside Judo Chop. This strike from the outside is a little harder to learn and requires a little more practice, but it increases the number of angles from which you can strike. Practice for speed and accuracy with your hands from various starting positions.

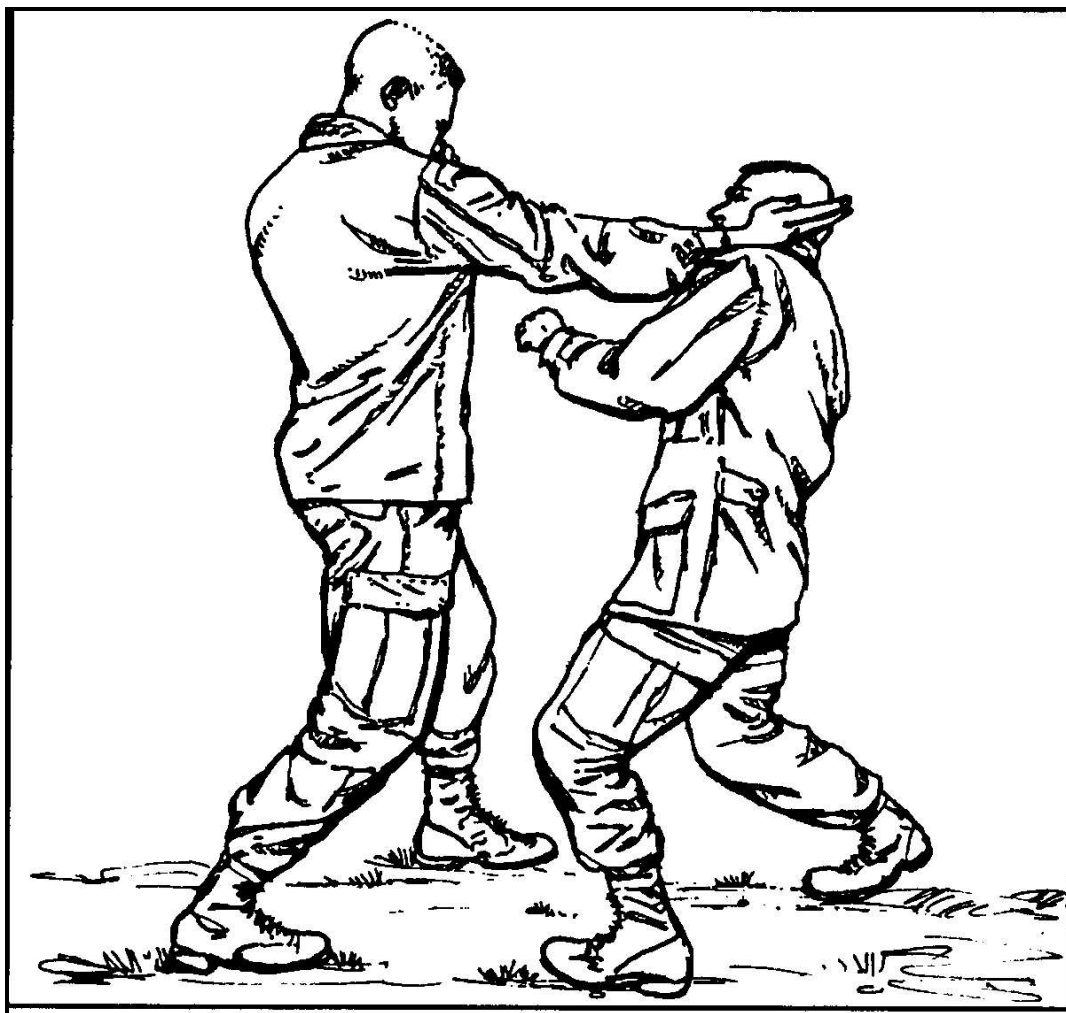


Figure 11 (FM 21-150)



Figure 12 (MCRP 3-02B)

Techniques #5&6

Palm Heel Chin Jab/Tiger Claw

The Palm Heel Chin Jab is another mid-range technique. “The opponent tries to surprise the defender by lunging at him. The defender quickly counters by striking his opponent with a palm-heel strike to the chin [See fig. 13], using maximum force.” (FM 21-150)

It can immediately render an opponent unconscious and cause extensive damage to the neck and spine. The striking surface is the heel of the palm of the hand. (MCRP 3-02B, see fig. 14)

The Marine Corps instructions for the Palm Heel Chin Jab:

Keep the right arm bent and close to the body. Extend the hand into a concave position with the fingers slightly spread apart. [See fig. 16 – note that this telegraphs your intent; see comment by Fairbairn, below.]

Step forward with the left foot toward the opponent, keeping the feet approximately shoulderwidth apart and the knees bent. This is done to close with the opponent.

Keep the right arm bent and close to the side. Thrust the palm of the hand directly up under the opponent’s chin. At the same time, rotate the right hip forward to drive the body weight into the attack to increase the power of the strike. [See fig. 17] The attack should travel up the centerline of the opponent’s chest to his chin.

Fairbairn says, “Never draw your hand back, thus signaling your intention of striking. From start to finish, make every movement as quickly as possible,” and “Deliver this blow with the heel of your hand, full force, with the weight of your body behind it, and fingers spread so as to reach your opponent's eyes [see fig 15] . . . Always aim at the point of your opponent's chin.” (*Get Tough!*) The follow-up attack into the eyes is known as the Tiger Claw.

Fairbairn also gives a method to practice the Chin Jab full force, without a partner. He says, “Practise this blow as follows: Hold your left hand at the height of your own chin, palm downwards; jab up quickly with your right, striking your left hand . . .” (*Get Tough!*)

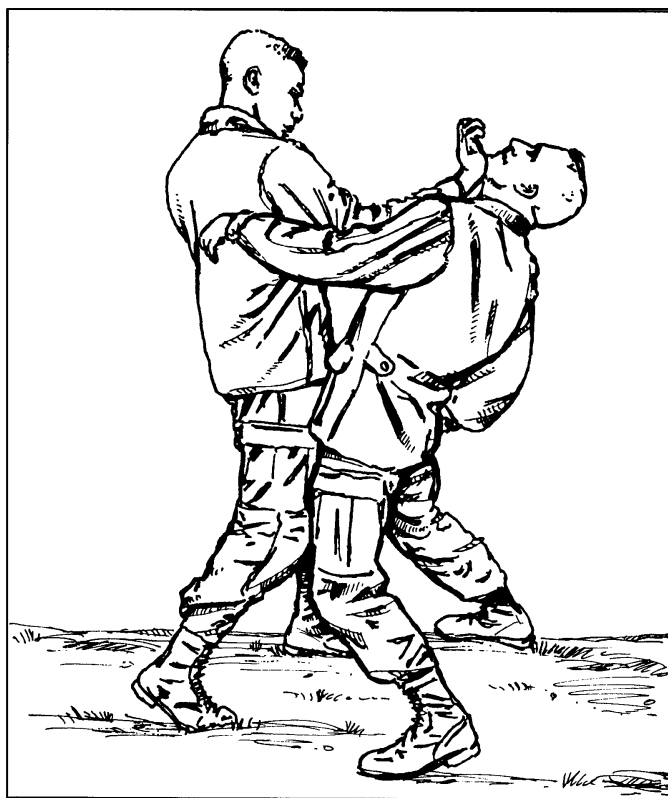


Figure 13 (FM 21-150)



Figure 14 (MCRP 3-02B)

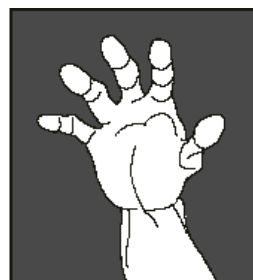


Figure 15 (MCRP 3-02B)

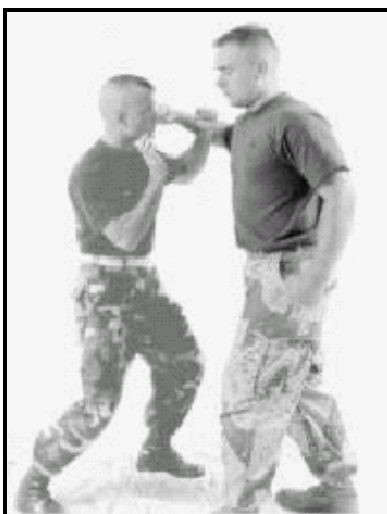


Figure 16 (MCRP 3-02B)

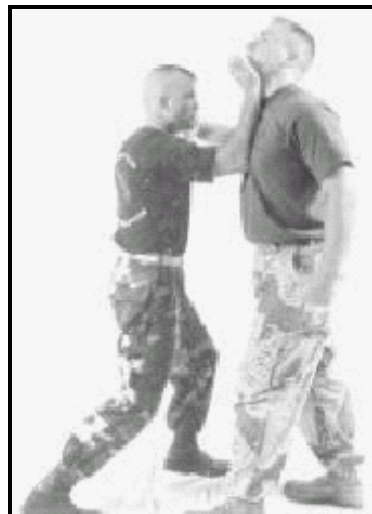


Figure 17 (MCRP 3-02B)

Palm Heel vs. Fist

It may surprise you that these lessons contain no instruction on punching with a closed fist. This stems, in part from my years in hospital security. Over several years I observed men brought into the ER to treat injuries from fights.

During that time, I don't remember any broken jaws or cracked skulls. Invariably, though, the one who punched his opponent in the face or head incurred a broken bone in his hand. In one case, a man had a laceration on his cheek because the other guy punched him while wearing a ring. X-rays revealed that the puncher had broken his ring finger.

The reason boxers tape their hands and wear padded gloves is to protect their hands. Occasionally, a hard punch will break a bone in the puncher's hand, in spite of the padding. And let's not forget pro boxer Mike Tyson, who broke his hand punching someone outside the ring.

It's true; you can punch effectively to the body with minimal risk to your hands. Nevertheless, you can also strike the body effectively with a Palm Heel or Thumb Strike (see Bonus #2, "Use of Thumb").

Warrior Wisdom:

Protect yourself and your training partner; practice full-force strikes against padding or a practice dummy.

CLOSE-RANGE TECHNIQUES

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Technique #7

Elbow Strike (Forward, Vertical)

The Elbow Strike is a close-range technique. Figure 18 shows the contact area for a forward Elbow Strike. You can execute this when up very close to your opponent, as in figure 19. The photos leave more space so you can see the technique.

“The elbows are also formidable weapons; tremendous striking power can be generated from them. The point of the elbow should be the point of impact. The elbows are strongest when kept in front of the body and in alignment with the shoulder joint; that is, never strike with the elbow out to the side of the body.” (FM 21-150)

MCRP 3-02B gives the following instructions for a Forward Vertical Elbow Strike:

To execute an upward vertical elbow strike, Marines—

Bend the right elbow, keeping the fist close to the body. The fist is at shoulder level and the elbow is next to the torso. [See fig 19]

Thrust the elbow vertically upward toward the opponent while rotating the right shoulder and hip forward to generate additional power. [see fig 20]



Figure 18 (MCRP 3-02B)

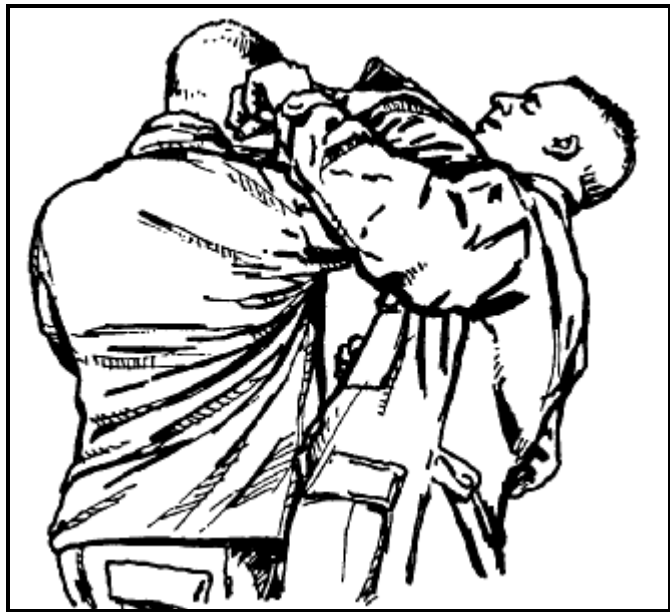


Figure 19 (FM 21-150)

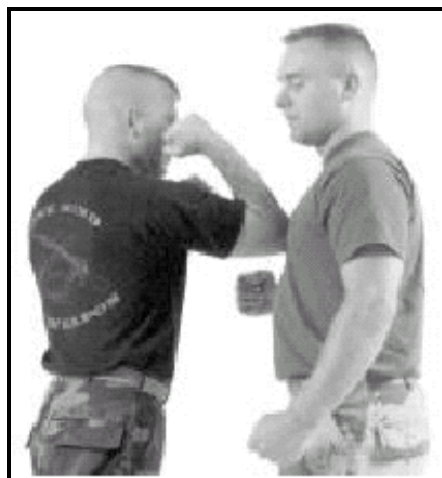


Figure 20 (MCRP 3-02B)

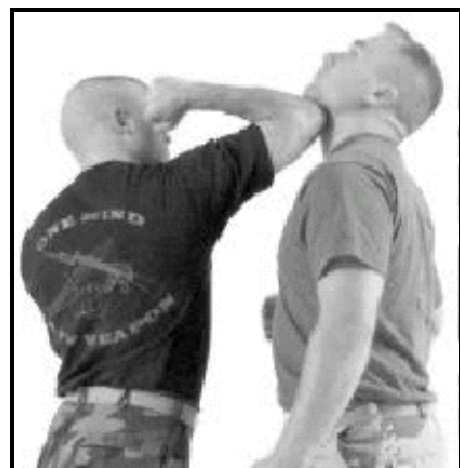


Figure 21 (MCRP 3-02B)

Technique # 8

Elbow Strike (Forward, Horizontal)

As already noted, elbows are close-range weapons. Applegate confirms this: “The elbow is **generally** best used when it is impossible to swing the fist or hand, or to use the feet because the opponent is too close. It is very effective when used against the jaw” (*Kill or Get Killed*)

The Army’s FM 3-25-150 concurs:

Elbow strikes can be devastating blows and are very useful at close range. You should remember that they gain their power from the hips and legs. (FM 3-25-150)

MCRP 3-02B tells how to perform the Forward Horizontal Elbow Strike:

To execute the forward horizontal elbow strike, Marines—

Tuck the right fist near the chest with the palm heel facing the ground. [see fig 21]

Thrust the right elbow horizontally forward toward the opponent. The forearm is parallel to the ground. (See fig 22]

Rotate the right shoulder and hip forward to generate additional power.

There is a difference between Army and Marine Corps in executing this technique. Both agree the palm should be down, but instead of closing the fist, the Army recommends to keep the hand open as in this instruction from FM 3-25-150 and as shown in figures 23 & 24:

A horizontal elbow strike is thrown almost exactly like a hook, with the exception that at the moment of impact the palm should be facing the ground.



Figure 21 (MCRP 3-02B)

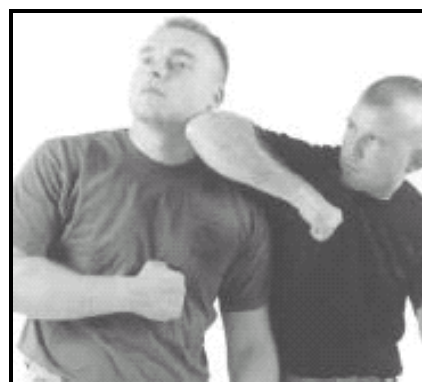


Figure 22 (MCRP 3-02B)



Figure 23 (FM 3-25-150)

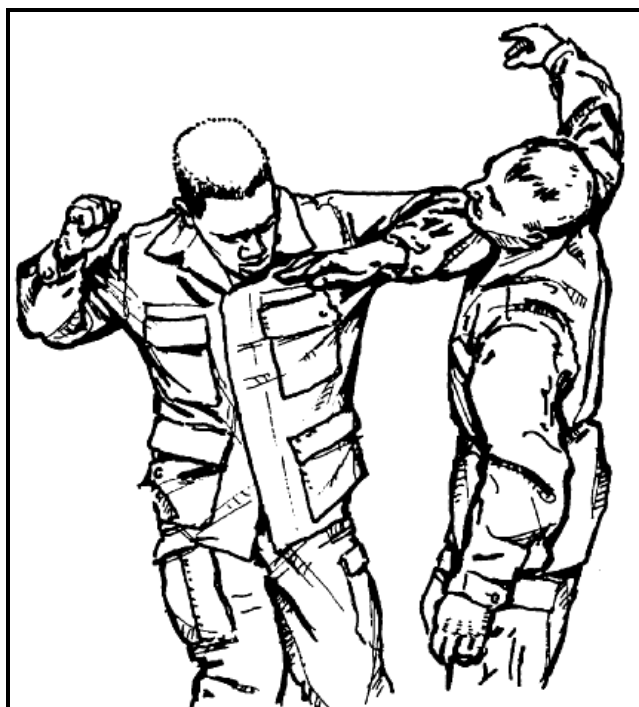


Figure 24 (FM 21-150)

Technique #9

Elbow Strike (Rear)

Up close and behind is the worst place for you to have your attacker. The Rear Elbow Strike is one technique that may save you from this difficult situation.

Figure 25 shows the contact area for a Rear Elbow Strike.

Here are the MCRP 3-02B instructions for a Rear Elbow Strike:

To execute the rear horizontal elbow strike, Marines—

Tuck the right fist near the left shoulder with the palm heel facing the ground. At the same time, rotate the right shoulder forward and the left hip forward. [fig 26]

Thrust the right elbow horizontally rearward toward the opponent. The forearm is parallel to the ground and the hand moves toward the direction of the attack. [fig 27]

Note: Although Applegate mentions elbow strikes, Fairbairn does not. Styers includes elbow techniques in the unarmed combat section of *Cold Steel*, and so does Biddle in *Do or Die*.

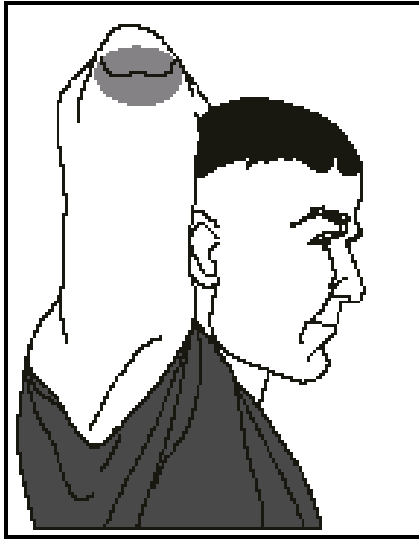


Figure 25 (MCRP 3-02B)



Figure 26 (MCRP 3-02B)

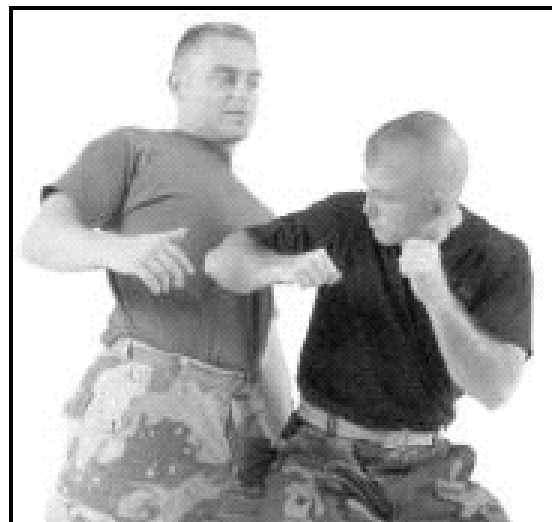


Figure 27 (MCRP 3-02B)

Technique #10

Knee Strike (Vertical)

Knee strikes are very-close-quarter techniques. If your attacker closes in to grapple with you, you can use the Vertical Knee Strike to the groin (fig 28)

FM 21-150 tells how to perform the knee strike:

The knee strike to the groin is effective during close-in grappling. The defender gains control by grabbing his opponent's head, hair, ears, or shoulders and strikes him in the groin with his knee [see figure28].

Fairbairn suggests, “This blow is frequently used to bring your opponent into a more favorable position for applying the chin jab.” (*Get Tough!*)



Figure 28 (FM 21-150)

Technique #11

Knee Strike (Vertical, 2nd version)

Men tend to protect their groin areas instinctively. Therefore, you may not find it possible to land a knee strike there. For that reason, both the Army and the Marine Corps have a version of the Vertical Knee Strike that targets the inner thigh rather than the groin.

FM 21-150 notes:

An effective technique for close-in grappling is when the defender delivers a knee strike to the inside of his opponent's thigh [femoral nerve, see fig 29]. The defender then executes a follow-up technique to a vital point.

MCRP 3-02B gives the following description of this knee strike:

The striking surface is the thigh, slightly above the knee. To execute the vertical knee strike, Marines—

Raise the right knee and drive it up forcefully into the opponent. Power is generated by thrusting the leg upward. [See fig 30]

Note that the Army version depicts the defender using his left knee to strike his opponent's left thigh; the Marine version, though, shows the defender using his right knee to attack his opponent's left thigh.



Figure 29 (FM 21-150)



Figure 30 (MCRP 3-02B)

Technique #12

Knee Strike (Horizontal)

This is actually a close-in version of the Shin Kick to the outer thigh.

MCRP 3-02B gives this description of the Horizontal Knee Strike:

The horizontal knee strike is executed with the leg generally parallel with the ground while rotating the hips to generate power. It is often delivered to the peroneal nerve. The striking surface is the front of the leg, slightly above or below the knee.

To execute the horizontal knee strike, Marines—

Raise the right knee, rotate the right hip forward while pivoting on the left foot, and drive the knee horizontally into the opponent.



Figure 31 (MCRP 3-02B)

Warrior Wisdom:

After you've mastered a technique standing, practice it from other positions – sitting in a chair, lying in bed or on the ground.

BONUS INFORMATION

BONUS #1: VITAL TARGETS

The following charts and explanations come from FM 21-150:

The body is divided into three sections: high, middle, and low. Each section contains vital targets [fig 32]. The effects of striking these targets follow:

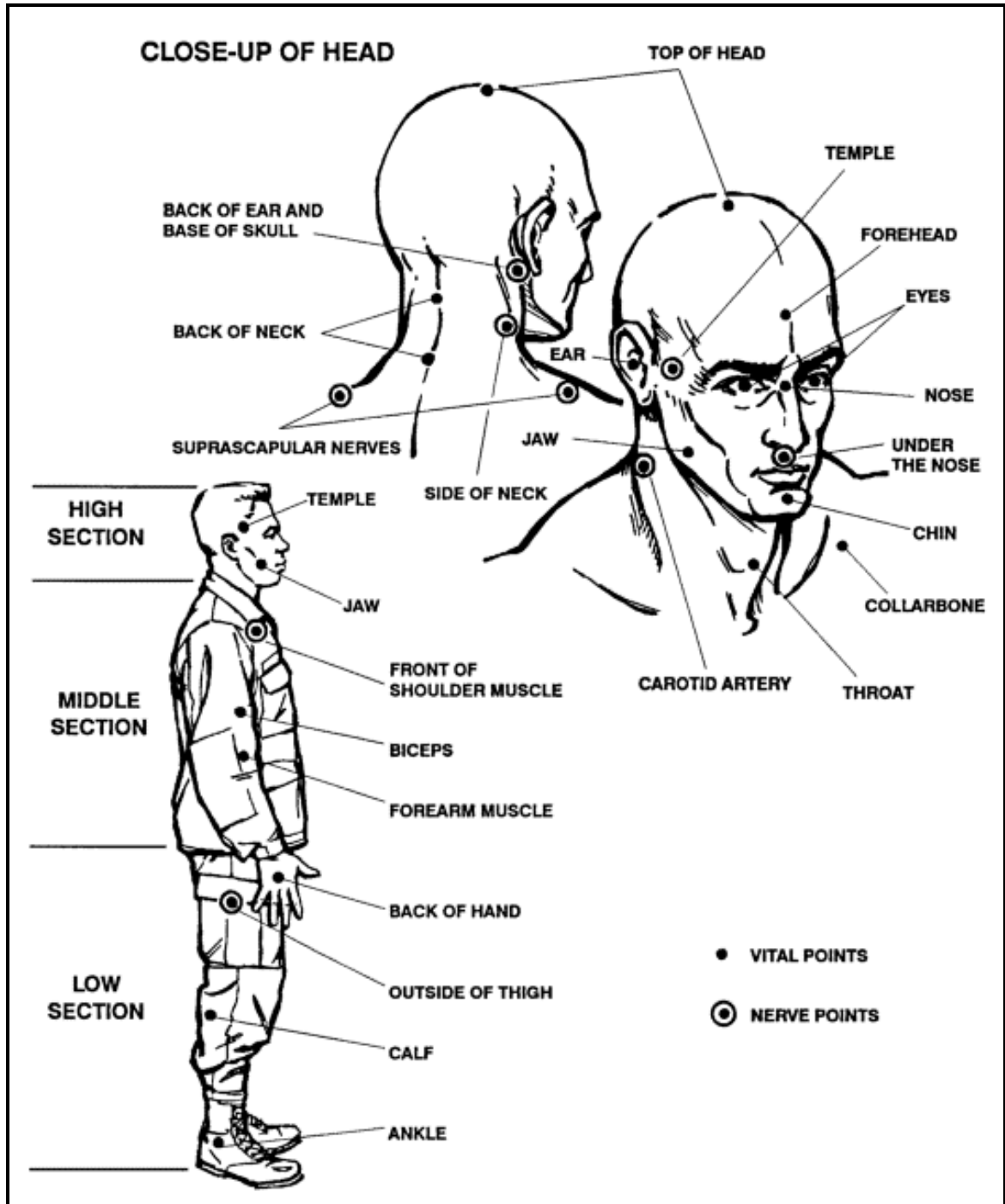


Figure 32

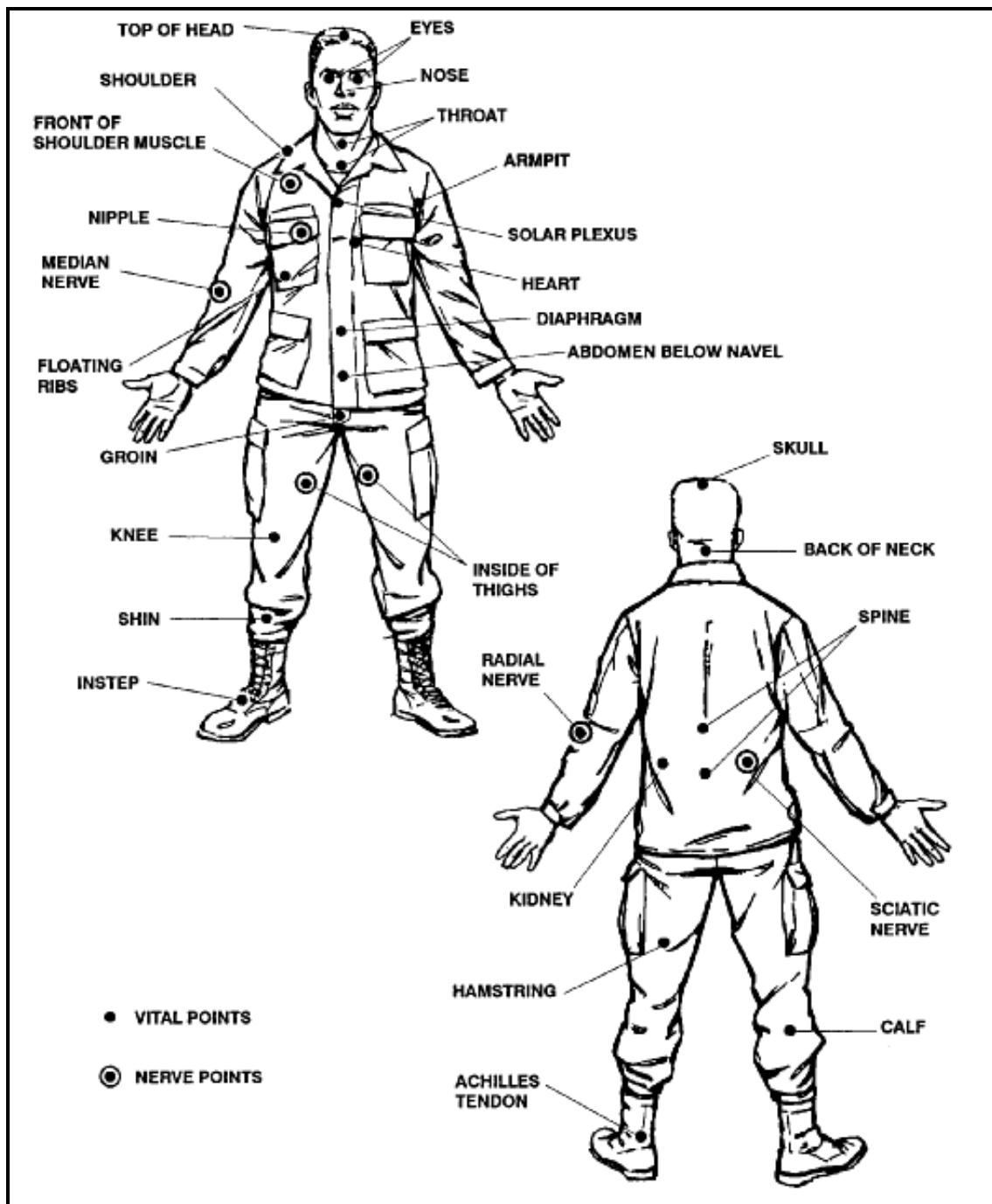


Figure 33

a. High Section. The high section includes the head and neck; it is the most dangerous target area.

(1) Top of the head. The skull is weak where the frontal cranial bones join. A forceful strike causes trauma to the cranial cavity, resulting in

unconsciousness and hemorrhage. A severe strike can result in death.

(2) Forehead. A forceful blow can cause whiplash; a severe blow can cause cerebral hemorrhage and death.

(3) Temple. The bones of the skull are weak at the temple, and an artery and large nerve lie close to the skin. A powerful strike can cause unconsciousness and brain concussion. If the artery is severed, the resulting massive hemorrhage compresses the brain, causing coma and or death.

(4) Eyes. A slight jab in the eyes causes uncontrollable watering and blurred vision. A forceful jab or poke can cause temporary blindness, or the eyes can be gouged out. Death can result if the fingers penetrate through the thin bone behind the eyes and into the brain.

(5) Ears. A strike to the ear with cupped hands can rupture the eardrum and may cause a brain concussion.

(6) Nose. Any blow can easily break the thin bones of the nose, causing extreme pain and eye watering.

(7) Under the nose. A blow to the nerve center, which is close to the surface under the nose, can cause great pain and watery eyes.

(8) Jaw. A blow to the jaw can break or dislocate it. If the facial nerve is pinched against the lower jaw, one side of the face will be paralyzed.

(9) Chin. A blow to the chin can cause paralysis, mild concussion, and unconsciousness. The jawbone acts as a lever that can transmit the force of a blow to the back of the brain where the cardiac and respiratory mechanisms are controlled.

(10) Back of ears and base of skull. A moderate blow to the back of the ears or the base of the skull can cause unconsciousness by the jarring effect on the back of the brain. However, a powerful blow can cause a concussion or brain hemorrhage and death.

(11) Throat. A powerful blow to the front of the throat can cause death by crushing the windpipe. A forceful blow causes extreme pain and gagging or vomiting.

(12) Side of neck. A sharp blow to the side of the neck causes unconsciousness by shock to the carotid artery, jugular vein, and vagus nerve. For maximum effect, the blow should be focused below

and slightly in front of the ear. A less powerful blow causes involuntary muscle spasms and intense pain. The side of the neck is one of the best targets to use to drop an opponent immediately or to disable him temporarily to finish him later.

(13) Back of neck. A powerful blow to the back of one's neck can cause whiplash, concussion, or even a broken neck and death.

b. Middle Section. The middle section extends from the shoulders to the area just above the hips. Most blows to vital points in this region are not fatal but can have serious, long-term complications that range from trauma to internal organs to spinal cord injuries.

(1) Front of shoulder muscle. A large bundle of nerves passes in front of the shoulder joint. A forceful blow causes extreme pain and can make the whole arm ineffective if the nerves are struck just right.

(2) Collarbone. A blow to the collarbone can fracture it, causing intense pain and rendering the arm on the side of the fracture ineffective. The fracture can also sever the brachial nerve or subclavian artery.

(3) Armpit. A large nerve lies close to the skin in each armpit. A blow to this nerve causes severe pain and partial paralysis. A knife inserted into the armpit is fatal as it severs a major artery leading from the heart.

(4) Spine. A blow to the spinal column can sever the spinal cord, resulting in paralysis or in death.

(5) Nipples. A large network of nerves passes near the skin at the nipples. A blow here can cause extreme pain and hemorrhage to the many blood vessels beneath.

(6) Heart. A jolting blow to the heart can stun the opponent and allow time for follow-up or finishing techniques.

(7) Solar plexus. The solar plexus is a center for nerves that control the cardiorespiratory system. A blow to this location is painful and can take the breath from the opponent. A powerful blow causes unconsciousness by shock to the nerve center. A penetrating blow can also damage internal organs.

(8) Diaphragm. A blow to the lower front of the ribs can cause the diaphragm and the other muscles that control breathing to relax.

This causes loss of breath and can result in unconsciousness due to respiratory failure.

(9) Floating ribs. A blow to the floating ribs can easily fracture them because they are not attached to the rib cage. Fractured ribs on the right side can cause internal injury to the liver; fractured ribs on either side can possibly puncture or collapse a lung.

(10) Kidneys. A powerful blow to the kidneys can induce shock and can possibly cause internal injury to these organs. A stab to the kidneys induces instant shock and can cause death from severe internal bleeding.

(11) Abdomen below navel. A powerful blow to the area below the navel and above the groin can cause shock, unconsciousness, and internal bleeding.

(12) Biceps. A strike to the biceps is most painful and renders the arm ineffective. The biceps is an especially good target when an opponent holds a weapon.

(13) Forearm muscle. The radial nerve, which controls much of the movement in the hand, passes over the forearm bone just below the elbow. A strike to the radial nerve renders the hand and arm ineffective. An opponent can be disarmed by a strike to the forearm; if the strike is powerful enough, he can be knocked unconscious.

(14) Back of hand. The backs of the hands are sensitive. Since the nerves pass over the bones in the hand, a strike to this area is intensely painful. The small bones on the back of the hand are easily broken and such a strike can also render the hand ineffective.

c. Low Section. The low section of the body includes everything from the groin area to the feet. Strikes to these areas are seldom fatal, but they can be incapacitating.

(1) Groin. A moderate blow to the groin can incapacitate an opponent and cause intense pain. A powerful blow can result in unconsciousness and shock.

(2) Outside of thigh. A large nerve passes near the surface on the outside of the thigh about four finger-widths above the knee. A powerful strike to this region can render the entire leg ineffective, causing an opponent to drop. This target is especially suitable for knee strikes and shin kicks.

(3) Inside of thigh. A large nerve passes over the bone about in the middle of the inner thigh. A blow to this area also incapacitates the leg and can cause the opponent to drop. Knee strikes and heel kicks are the weapons of choice for this target.

(4) Hamstring. A severe strike to the hamstring can cause muscle spasms and inhibit mobility. If the hamstring is cut, the leg is useless.

(5) Knee. Because the knee is a major supporting structure of the body, damage to this joint is especially detrimental to an opponent. The knee is easily dislocated when struck at an opposing angle to the joint's normal range of motion, especially when it is bearing the opponent's weight. The knee can be dislocated or hyperextended by kicks and strikes with the entire body.

(6) Calf. A powerful blow to the top of the calf causes painful muscle spasms and also inhibits mobility.

(7) Shin. A moderate blow to the shin produces great pain, especially a blow with a hard object. A powerful blow can possibly fracture the bone that supports most of the body weight.

(8) Achilles tendon. A powerful strike to the Achilles tendon on the back of the heel can cause ankle sprain and dislocation of the foot. If the tendon is torn, the opponent is incapacitated. The Achilles tendon is a good target to cut with a knife.

(9) Ankle. A blow to the ankle causes pain; if a forceful blow is delivered, the ankle can be sprained or broken.

(10) Instep. The small bones on the top of the foot are easily broken. A strike here will hinder the opponent's mobility.

BONUS #2: USE OF THE THUMB

In a serious attack, where your life or limb is at stake, I recommend that you stick to the “Dirty Dozen” techniques described in the main part of this book. There may be some instances, however, when it will be useful to subdue an opponent by means of striking sensitive areas, as described in Appendix A. One of the most useful body weapons for achieving this is the thumb.

You may have seen Sean Connery’s character use this method on the tough guy in the biker bar in the movie *The Presidio*. Do not, however, forewarn your opponent as Connery did in the movie. His fight was scripted, and you need all the advantage you can get, including surprise.

To perform these techniques, you must first make a fist. But instead of folding your thumb down across your fingers, lay it down straight on top of your fist. It should stick out about a half inch or so, depending on the length of your thumb. To avoid injury to your thumb, press it tightly against your first finger.

In this position, your thumb becomes like the end of a stick which you can poke into soft, sensitive areas of your attacker’s anatomy.

FM 21-150 describes two of the strikes, as follows:

The defender uses the thumb strike to the throat [see fig 34] as an effective technique when an opponent is rushing him or trying to grab him. The defender thrusts his right arm and thumb out and strikes his opponent in the throat-larynx area while holding his left hand high for protection. He can follow up with a disabling blow to his opponent's vital areas.

The opponent rushes the defender and tries to grab him. The defender strikes the opponent's shoulder joint or upper pectoral muscle with his fist or thumb [see fig 35]. This technique is painful and renders the opponent's arm numb. The defender then follows up with a disabling movement.

You can aim the same technique at the solar plexus, the kidneys or at any nerve center or soft target on the body.

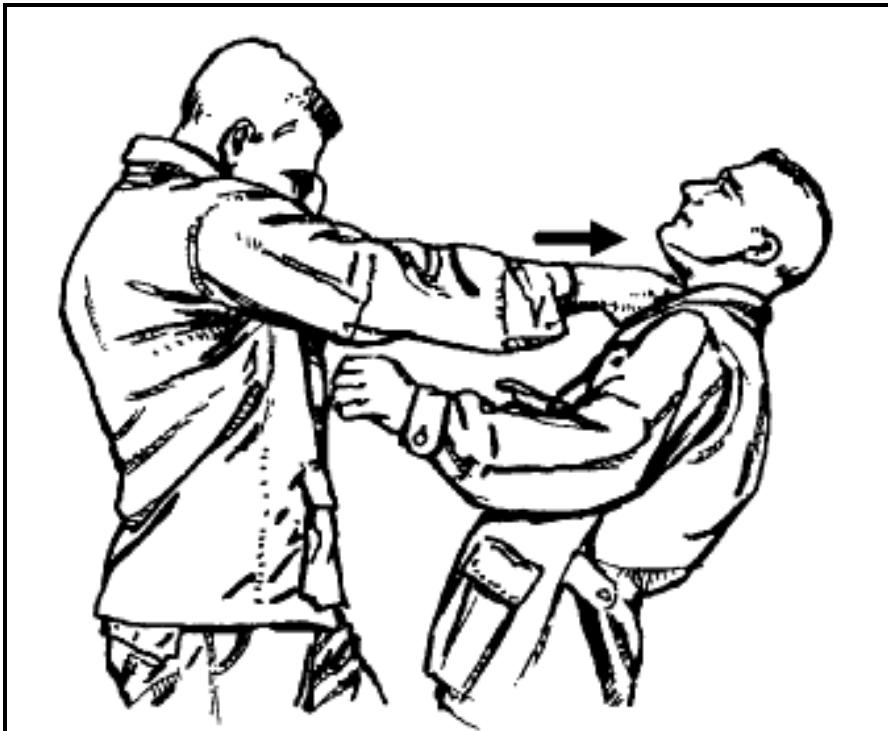


Figure 34 (FM 21-150)



Figure 35 (FM 21-150)

Bonus #3: Breaking Holds

Most books on self defense begin with a section on breaking free from holds. This is not psychologically sound in that it leads to the notion that defense does not begin until the attacker has put his hands on you. If you are properly alert, you should be able to defend yourself before an attacker gets the chance to grab hold of you.

Fairbairn did include a section on breaking holds in *Get Tough!* However, he wisely positioned it after the chapter on “Blows”. Although they differ from the ones he published, the following techniques are simple and some build on the “Dirty Dozen” you’ve already learned.

These moves may require more repetitions to master than the 12 basic techniques, so plan to spend more time learning them.

THE FRONT CHOKE

From FM 21-150:

The opponent attacks the defender with a frontal choke. The defender has the option of going over or under the opponent's arms. To disable the opponent, the defender inserts both thumbs into his opponent's eyes and tries to gouge them [fig. 36] The defender is prepared to follow-up with an attack to the vital regions.

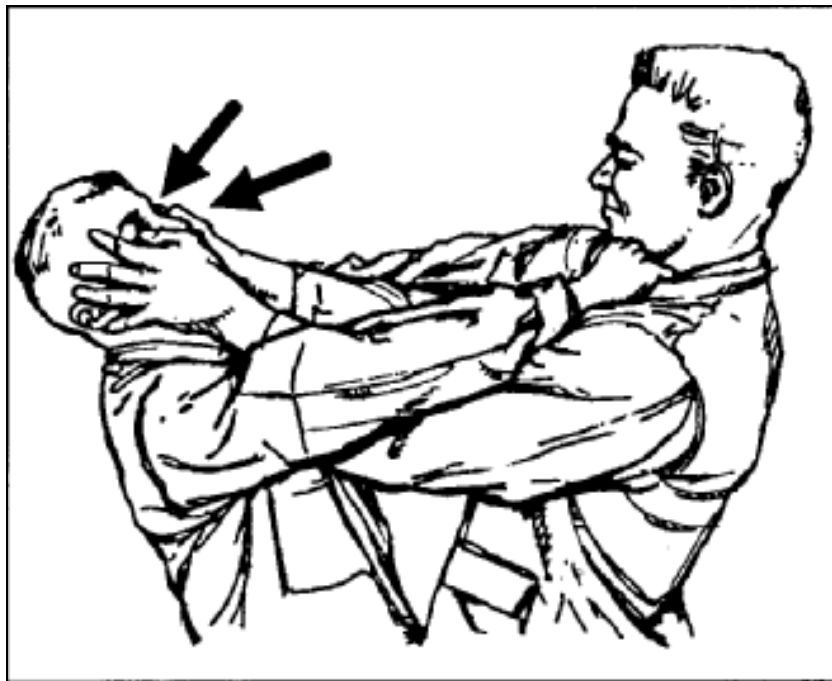


Figure 36 (FM 21-150)

A soldier must know how to defend against being choked. Incapacitation and unconsciousness can occur within three seconds; therefore, it is crucial for the defender to know . . . counters to chokes.

Note: If your attacker's arms are too long for you to reach his eyes, use the technique on the following page.

REAR AND FRONT CHOKES

Notice that both these techniques incorporate the Rear Elbow Strike.

Rear choke from FM 21-150:

As the opponent tries a rear choke [fig 37-A, step 1], the defender can break the opponent's grip with a strong rear-elbow strike into the solar plexus [fig 37-A, step 2].

He can follow with a shin scrape down along the opponent's leg and stomp the foot [fig 37-A, step 3].

He may wish to continue by striking the groin of the opponent [fig 37-A, step 4].

Front choke from FM 21-150:

As the opponent begins a frontal choke [fig 37-A, step 1] the defender turns his body and drops one arm between the opponent's arms [fig 37-A, step 2].

Note that this places the defender's shoulder against his attacker's hand or wrist so that his entire body weight comes into play against one of the attacker's wrists. Now back to FM 21-150:

He sinks his body weight and drives his own hand to the ground, and then explodes upward with an elbow strike [fig 37-A, step 3] into the opponent's chin, stomach, or groin.

This technique is similar to one in Cosneck's *American Combat Judo*.

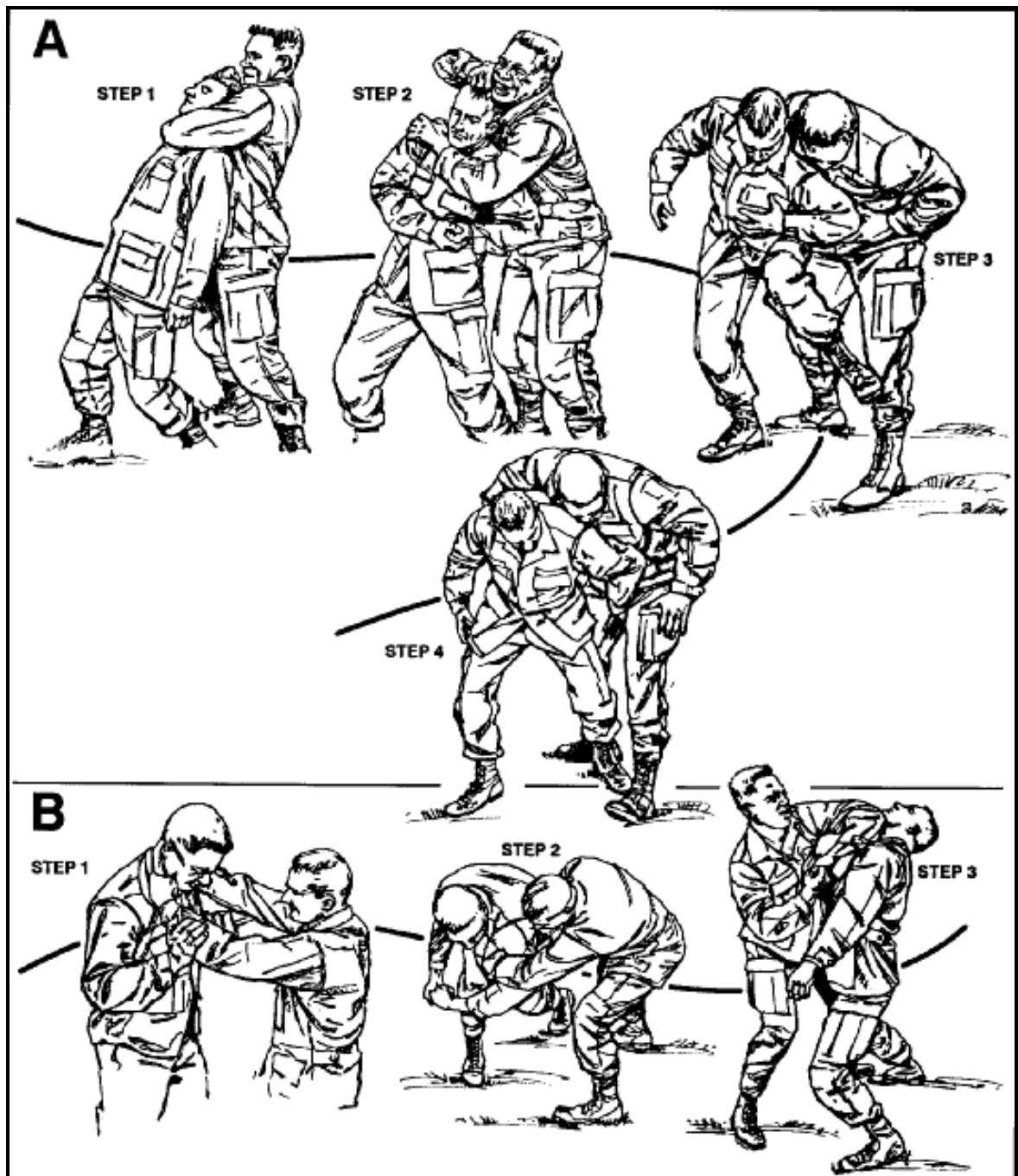


Figure 37 (FM 21-150)

WRIST OR ARM GRAB

This technique is not hard to learn and inflicts a lot of pain. You can use it against a two-hand grab on your arm or a one-handed grab of your arm or wrist. As you learn, take it slowly and follow the instructions as you refer to the illustrations.

From FM 21-150:

When an opponent grabs a defender's arm, the defender rotates his arm to grab the opponent's forearm [fig 38, step1].

At the same time, he secures his other hand on the gripping hand of the opponent to prevent his escape [fig 38, step 2].

As the defender steps in toward the opponent and maintains his grip on the hand and forearm, a zee shape is formed by the opponent's arm; this is an effective wristlock [fig 38, step 3]. More pain can be induced by trying to put the opponent's fingers in his own eyes.

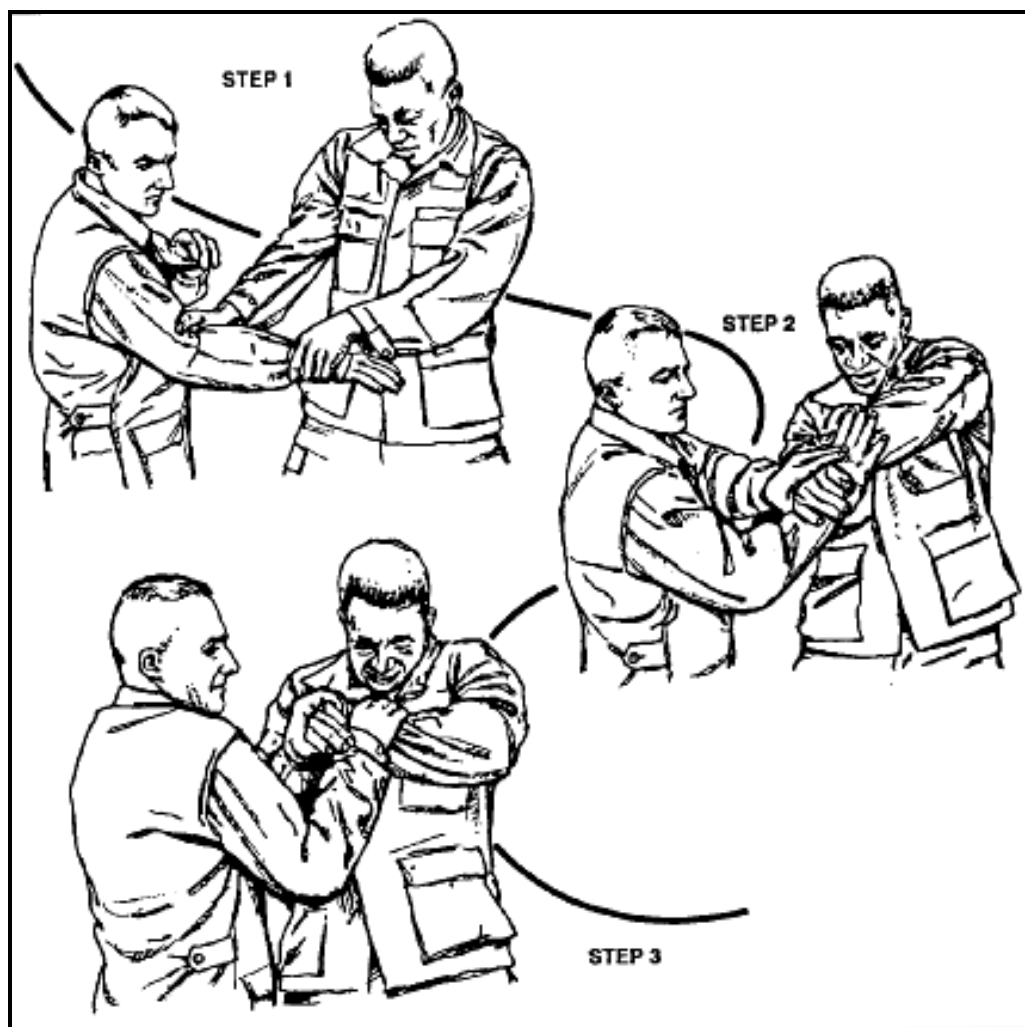


Figure 38 (FM 21-150)

Rear Head Lock

Rear head lock from MCRP 3-02B:

To execute the counter to the rear headlock, Marines—

Grasp the opponent's wrist and forearm with the right hand and pull down to clear the airway. Once the airway is clear, tuck the chin to protect the airway and to prevent the opponent from reapplying the choke. [Fig 40]

Reach over the opponent's right shoulder with the left arm. [Fig 41]

Grab any part of the opponent's face (chin, nose, eyes) and pull back while rising to a standing position. Execute, with the right hand, a hammer fist strike to the opponent's exposed throat. [Fig 42 -- Note that any blow to the throat can be fatal. In a civilian situation, be aware of moral and legal consequences.]



Figure 40 (MCRP 3-02B)



Figure 41 (MCRP 3-02B)

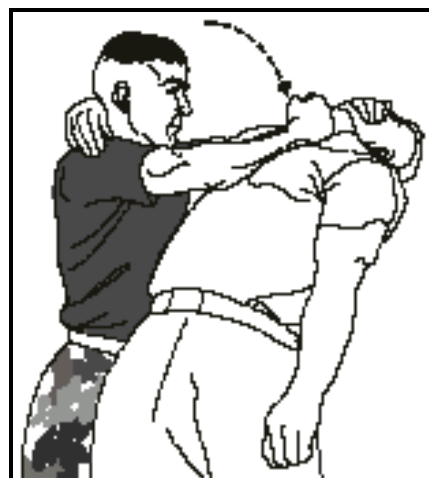


Figure 42 (MCRP 3-02B)

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About the author:

Craig Mutton is a student of the martial arts, self-defense and historic combat technique, he has also studied the psychology of violence and terrorism. His career in personal and property protection has afforded him opportunity to put theory into practice in various personal encounters.

He hopes to see his book *Wine of Violence* in print later this year.

Craig is an author, speaker and teacher who lives near Greenville, South Carolina with his wife, Laura and their youngest daughter, Merrianna.

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